

West Valley Presbyterian Church

Day of Prayer and Fasting Prayer Guide

This guide has suggestions for Scripture readings, hymns, praise and prayer to help you observe our day of prayer and fasting. There are three sections: morning, daytime and evening. They follow the overarching pattern in Scripture: in the morning, the focus is on creation, in the daytime on the fall and in the evening on the good news of redemption.

You can work through this guide on your own, with your family, or with a small gathering of people from the church. The evening section will be used at our congregational prayer meeting which will take place at 7pm at the church (check your email for details).

Please note that these are only suggestions to use if you find them helpful. However you chose to observe this day, we pray that the Lord will use it to strengthen you, encourage you and advance His Kingdom.

Morning

CREATION

Theme: Thanksgiving and prayer in light of God's goodness and provision in creation

Scripture Reading: Psalm 145

- 1 I will extol you, my God and King,
and bless your name forever and ever.
- 2 Every day I will bless you
and praise your name forever and ever.
- 3 Great is the LORD, and greatly to be praised,
and his greatness is unsearchable.

- 4 One generation shall commend your works to another,
and shall declare your mighty acts.
- 5 On the glorious splendor of your majesty,
and on your wondrous works, I will meditate.
- 6 They shall speak of the might of your awesome deeds,
and I will declare your greatness.
- 7 They shall pour forth the fame of your abundant goodness
and shall sing aloud of your righteousness.

- 8 The LORD is gracious and merciful,
slow to anger and abounding in steadfast love.
- 9 The LORD is good to all,
and his mercy is over all that he has made.

- 10 All your works shall give thanks to you, O LORD,
and all your saints shall bless you!
- 11 They shall speak of the glory of your kingdom
and tell of your power,
12 to make known to the children of man your mighty deeds,
and the glorious splendor of your kingdom.
- 13 Your kingdom is an everlasting kingdom,
and your dominion endures throughout all generations.

- The LORD is faithful in all his words
and kind in all his works.
- 14 The LORD upholds all who are falling
and raises up all who are bowed down.
- 15 The eyes of all look to you,
and you give them their food in due season.
- 16 You open your hand;
you satisfy the desire of every living thing.

- 17 The LORD is righteous in all his ways
and kind in all his works.
- 18 The LORD is near to all who call on him,
to all who call on him in truth.
- 19 He fulfills the desire of those who fear him;
he also hears their cry and saves them.
- 20 The LORD preserves all who love him,
but all the wicked he will destroy.
- 21 My mouth will speak the praise of the LORD,
and let all flesh bless his holy name forever and ever.

Hymn/Song Suggestion: Praise to the Lord, the Almighty

Praise to the Lord, the Almighty, the King of creation!
O my soul, praise him, for he is your health and salvation!
Come, all who hear; now to his temple draw near,
join me in glad adoration.

Praise to the Lord, above all things so wondrously reigning;
sheltering you under his wings, and so gently sustaining!
Have you not seen all that is needful has been
sent by his gracious ordaining?

Praise to the Lord, who will prosper your work and defend you;
surely his goodness and mercy shall daily attend you.
Ponder anew what the Almighty can do,
if with his love he befriends you.

Praise to the Lord! O let all that is in me adore him!
All that has life and breath, come now with praises before him.
Let the Amen sound from his people again;
gladly forever adore him.

Praise & Thanksgiving

- Praise God for His glory, revealed in creation
- Praise Him for His power in upholding and providing for all his creatures
- Give thanks to Him as the one who “gives to all mankind life and breath and everything” (Acts 17:25)
- Thank Him for creating us ‘in His image’ with dignity, purpose and so that we could know Him

Prayer

- Acknowledge your dependence on God and ask Him to provide for you and your family
- Pray for friends, family or others in the church who are struggling due to recent events – ask God to meet their material, emotional and spiritual needs
- Pray for our local, county, state, and national leaders – that they will acknowledge God as their Creator and depend on Him for strength and wisdom
- In light of the recent pandemic, pray for healthcare workers locally, nationally and globally – that God will guide them and given them wisdom to utilize His good gifts to promote health and care for those who are sick
- In light of recent protests, pray that there will be an increasing recognition of the inherent dignity of all people as made in God’s image. Pray for a more just and equitable society that reflects the rich diversity God created.

Rest and Reflection

Pause and spend some time in quiet rest and reflection in God’s presence

Daytime

THE FALL

Theme: Lament and prayer for mercy in light of sin and suffering

Scripture Reading: Psalm 90

- ¹ Lord, you have been our dwelling place
in all generations.
- ² Before the mountains were brought forth,
or ever you had formed the earth and the world,
from everlasting to everlasting you are God.
- ³ You return man to dust
and say, "Return, O children of man!"
- ⁴ For a thousand years in your sight
are but as yesterday when it is past,
or as a watch in the night.
- ⁵ You sweep them away as with a flood; they are like a dream,
like grass that is renewed in the morning:
- ⁶ in the morning it flourishes and is renewed;
in the evening it fades and withers.
- ⁷ For we are brought to an end by your anger;
by your wrath we are dismayed.
- ⁸ You have set our iniquities before you,
our secret sins in the light of your presence.
- ⁹ For all our days pass away under your wrath;
we bring our years to an end like a sigh.
- ¹⁰ The years of our life are seventy,
or even by reason of strength eighty;
yet their span is but toil and trouble;
they are soon gone, and we fly away.
- ¹¹ Who considers the power of your anger,
and your wrath according to the fear of you?
- ¹² So teach us to number our days
that we may get a heart of wisdom.
- ¹³ Return, O LORD! How long?
Have pity on your servants!
- ¹⁴ Satisfy us in the morning with your steadfast love,
that we may rejoice and be glad all our days.

- 15 Make us glad for as many days as you have afflicted us,
and for as many years as we have seen evil.
- 16 Let your work be shown to your servants,
and your glorious power to their children.
- 17 Let the favor of the Lord our God be upon us,
and establish the work of our hands upon us;
yes, establish the work of our hands!

Suggested Hymn: Be still my soul

Be still, my soul: the Lord is on your side;
bear patiently the cross of grief or pain;
leave to your God to order and provide;
in ev'ry change he faithful will remain.
Be still, my soul: your best, your heav'nly Friend
through thorny ways leads to a joyful end.

Be still, my soul: your God will undertake
to guide the future as he has the past.
Your hope, your confidence let nothing shake;
all now mysterious shall be bright at last.
Be still, my soul: the waves and winds still know
his voice who ruled them while he dwelt below.

Be still, my soul: when dearest friends depart,
and all is darkened in the vale of tears,
then shall you better know his love, his heart,
who comes to soothe your sorrow and your fears.
Be still, my soul: your Jesus can repay
from his own fullness all he takes away.

Be still, my soul: the hour is hast'ning on
when we shall be forever with the Lord,
when disappointment, grief, and fear are gone,
sorrow forgot, love's purest joys restored.
Be still, my soul: when change and tears are past,
all safe and blessed we shall meet at last.

Praise & Thanksgiving

- Praise God for His patience and compassion, particularly in light of humanity's stubborn rebellion against Him
- Give thanks for God's perfect truth, love, justice and goodness in a world full of lies, hate, injustice and evil
- Praise Him that in His indiscriminate goodness, "He makes His sun rise on the evil and on the good, and sends rain on the just and on the unjust" (Matthew 5:45)
- Give thanks that "The LORD works righteousness and justice for all who are oppressed" (Psalm 103:6)
- Give thanks that God shows His love for us in that "while we were still sinners, Christ died for us" (Romans 5:8)

Prayer

- Spend some time bringing your grief and sadness before God about the state of the nation, the world and the church
- Ask God to open your eyes, expose your sins, bring deeper conviction, and lead you to true repentance and an experience of His mercy in Christ.
- Pray for an end to all injustice, violence, racism, prejudice, and abuse wherever they are found.
- Pray that where there has been historic division and conflict, there would be genuine reconciliation. Pray that this will be especially true among believers in Christ.
- Pray for policy makers, police, and those who serve in the criminal justice system. Pray that God will give them strength to serve selflessly. Pray that they will wisely discern any changes that need to be made to promote a more God-honoring society.
- Pray for church leaders and fellow church members: That each of us will know how we can best promote righteousness as we hold out the gospel.

Rest and Reflection

Pause and spend some time in quiet rest and reflection in God's presence

Evening

REDEMPTION

Theme: Rejoice and pray in light of the glorious redemption Christ has brought

Scripture Reading: Psalm 107

- ¹ Oh give thanks to the LORD, for he is good,
for his steadfast love endures forever!
- ² Let the redeemed of the LORD say so,
whom he has redeemed from trouble
- ³ and gathered in from the lands,
from the east and from the west,
from the north and from the south.
- ⁴ Some wandered in desert wastes,
finding no way to a city to dwell in;
- ⁵ hungry and thirsty,
their soul fainted within them.
- ⁶ Then they cried to the LORD in their trouble,
and he delivered them from their distress.
- ⁷ He led them by a straight way
till they reached a city to dwell in.
- ⁸ Let them thank the LORD for his steadfast love,
for his wondrous works to the children of man!
- ⁹ For he satisfies the longing soul,
and the hungry soul he fills with good things.
- ¹⁰ Some sat in darkness and in the shadow of death,
prisoners in affliction and in irons,
- ¹¹ for they had rebelled against the words of God,
and spurned the counsel of the Most High.
- ¹² So he bowed their hearts down with hard labor;
they fell down, with none to help.
- ¹³ Then they cried to the LORD in their trouble,
and he delivered them from their distress.
- ¹⁴ He brought them out of darkness and the shadow of death,
and burst their bonds apart.
- ¹⁵ Let them thank the LORD for his steadfast love,
for his wondrous works to the children of man!
- ¹⁶ For he shatters the doors of bronze
and cuts in two the bars of iron.

17 Some were fools through their sinful ways,
and because of their iniquities suffered affliction;
18 they loathed any kind of food,
and they drew near to the gates of death.
19 Then they cried to the LORD in their trouble,
and he delivered them from their distress.
20 He sent out his word and healed them,
and delivered them from their destruction.
21 Let them thank the LORD for his steadfast love,
for his wondrous works to the children of man!
22 And let them offer sacrifices of thanksgiving,
and tell of his deeds in songs of joy!

23 Some went down to the sea in ships,
doing business on the great waters;
24 they saw the deeds of the LORD,
his wondrous works in the deep.
25 For he commanded and raised the stormy wind,
which lifted up the waves of the sea.
26 They mounted up to heaven; they went down to the depths;
their courage melted away in their evil plight;
27 they reeled and staggered like drunken men
and were at their wits' end.
28 Then they cried to the LORD in their trouble,
and he delivered them from their distress.
29 He made the storm be still,
and the waves of the sea were hushed.
30 Then they were glad that the waters were quiet,
and he brought them to their desired haven.
31 Let them thank the LORD for his steadfast love,
for his wondrous works to the children of man!
32 Let them extol him in the congregation of the people,
and praise him in the assembly of the elders.

33 He turns rivers into a desert,
springs of water into thirsty ground,
34 a fruitful land into a salty waste,
because of the evil of its inhabitants.
35 He turns a desert into pools of water,
a parched land into springs of water.
36 And there he lets the hungry dwell,
and they establish a city to live in;
37 they sow fields and plant vineyards
and get a fruitful yield.
38 By his blessing they multiply greatly,
and he does not let their livestock diminish.

- 39 When they are diminished and brought low
through oppression, evil, and sorrow,
40 he pours contempt on princes
and makes them wander in trackless wastes;
41 but he raises up the needy out of affliction
and makes their families like flocks.
42 The upright see it and are glad,
and all wickedness shuts its mouth.
- 43 Whoever is wise, let him attend to these things;
let them consider the steadfast love of the LORD.

Suggested Hymn: O For A Thousand Tongues

O for a thousand tongues to sing
My great Redeemer's praise,
The glories of my God and King,
The triumphs of his grace.

My gracious Master and my God,
Assist me to proclaim,
To spread through all the earth abroad,
The honors of thy Name.

Jesus, the Name that charms our fears,
That bids our sorrows cease;
'Tis music in the sinner's ears,
'Tis life, and health, and peace.

He breaks the power of reigning sin,
He sets the pris'ner free;
His blood can make the foulest clean,
His blood availed for me.

He speaks and, listening to his voice,
New life the dead receive;
The mournful, broken hearts rejoice;
The humble poor believe.

Hear him, ye deaf; his praise, ye dumb,
Your loosened tongues employ;
Ye blind, behold your Savior come;
And leap, ye lame, for joy.

Praise & Thanksgiving

- Praise God for His amazing grace and kindness in sending His Son
- Praise the Lord Jesus for offering Himself in our place, for our sins, and bearing the wrath of God in our behalf
- Praise the Spirit for His gracious work of regenerating us and renewing our hearts
- Give thanks for the great hope of the gospel – that Christ will build His Church and that believers will ultimately live with Him eternally in a perfect world

Prayer

- Spend some time confessing your sin and praying for God to renew your sense of His Mercy (you could use Psalm 51 as a guide)
- Pray that God will pour out His Spirit and bring true revival to the church and the nation.
- Pray that He will shake us from our apathy and help us grow in love for Him and our neighbors
- Pray for the gospel to spread in our community. Pray God will change hearts and therefore change the direction of our culture.
- Pray for believers around the world who suffer persecution, that they will find hope and strength in the gospel.
- Christ has “broken down the dividing wall of hostility” between man and God, and between us as fellow believers (Ephesians 2:11-22). Pray for true reconciliation to take place and that the church will express the unity of the gospel in a world filled with conflict.
- Pray for wisdom for government and church leaders as they continue to determine how best to respond to the health crisis and unrest
- Pray for the return of the Lord Jesus, who will bring an everlasting kingdom of peace and justice.

Rest and Reflection

Pause and spend some time in quiet rest and reflection in God’s presence